



INNER STRENGTH

Fit Words for Everyday People

By: Susan Caldwell, Certified Personal Trainer (and Mom!)



October 2008
Volume 1, Issue 4

www.SusanCaldwell.com

susancaldwell@nc.rr.com

PO Box 99341, Raleigh, NC 27624

(919) 889-2598

Stick with the tricks, and not the treats ... this Halloween!



HALLOWEEN is *creeping* up on us once again. This is the time of year when donuts, cider, graveyard brownies and spider cupcakes appear everywhere from school functions and office parties to virtually any event that takes place in the month of October. And that's not even counting the candy **HALLOWEEN** night! This month's Inner Strength is all about **HALLOWEEN** Survival! And speaking of holidays, I hope you will join us for our next Healthy Cooking class for adults on November 8th. We will be preparing a Thanksgiving meal the healthy way! Visit www.SusanCaldwell.com to register and more information. See you soon!

The *Skinny* Of the Month











The majority of people believe that feasting from Thanksgiving through New Year's Day is responsible for their extra weight gain when in fact it all starts during the **Halloween** season. **Halloween** is all about a **SPOOKY** good time; however, it also means extra sugar intake from candy and chocolate. When you consume too much simple sugar from your **Halloween** candy/chocolate, your body's ability to burn fat is crippled. A combination of excess sugar consumption in your diet and a lack of exercise is enough to destroy your metabolism that contributes to the increase weight gain that many people experience by the end of the New Years holiday. Here are 8 **TRICKS** to survive **Halloween** in a healthy way and head into the holiday with a better start. Stick to these & your body will thank you later!

No More Excuses!

"It's so late in the year and I am so busy ... I'll start my fitness program in January!"

If you wait, it probably won't happen! Start now with the time you have and with workouts you can manage. Even 10 minutes is better than nothing and once you start, it will become easier and easier. Exercise will give you more energy to tackle your to-do list and will help you prevent extra pounds you may otherwise pack on during the holiday season. If you are committed to exercising, you will soon realize how much exercise it takes to burn off that extra treat!

-  Eat lean protein and complex carbohydrates such as brown rice before eating sweets to decrease blood sugar spike.
-  Choose hard candies such as lollipops over chocolate bars such as Snickers.
-  Choose plain dark chocolate over light chocolate for extra heart health benefits.
-  Feed your kids a healthy meal before trick or treating.
-  Eat a healthy snack or a small meal before going to a Halloween party so you will be less tempted by the unhealthy party food.
-  Get the healthiest (or least unhealthy) Halloween treats such as Jelly Belly's, pretzels, trail mix, applesauce packs, or raisin boxes. Better yet, hand out toothbrushes, stickers, or pencils!
-  Buy your candy at the last minute to avoid eating the candy ahead of time.
-  Consider buying a candy that you don't like to avoid the temptation of eating it when handing out candy to trick or treaters (or even before the ghosts and goblins arrive!).



SPIDER PRETZELS

These creepy treats are easy to make and they look positively lifelike crawling across your child's snack plate.

- 2 round crackers
- 2 teaspoons smooth peanut butter
- 8 small pretzel sticks
- 2 raisins



With the peanut butter, make a cracker sandwich. Insert eight pretzel "legs" into the filling. With a dab of peanut butter, set two raisin "eyes" on top. Enjoy!

As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit www.SusanCaldwell.com for more information.